



BEyogafit

# Transform

*“Yoga is the journey of the self, through the self,  
to the self.” – The Bhagavad Gita*

- You have arrived at a new opportunity
- Your intentions and your practice have led you here
- Tiny changes have begun transforming that which is you
- You are ready for more change
- Embrace opportunities to leave what was weighing you down and BE
- Prepare yourself for more immersive opportunities
- Set aside time for transformation
- Will you share and lead others?
- Will you discover new communities?
- Return to your roots?
- Prioritize new experiences?
- Live lean?
- Serve?
- Change Ahead

## Discover Now



**MIND BODY FITNESS**  
**CONFERENCES**  
2024 EVENTS

